

# WISCONSIN WEST VIRTUAL LEARNING CENTER

RUSH SOCCER  
VIRTUAL LEARNING  
CENTER



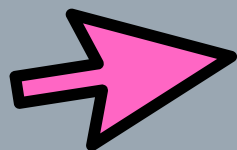
## RUSH ROLLS ON

HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

**#RUSHROLLSON**

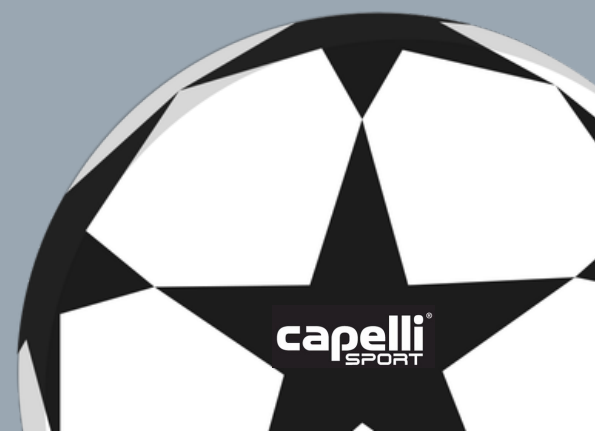
ADVANCED - WEEK 1

CLICK ME!



**#STAYHOME**

**#KEEPTHEGAMEALIVE**



RUSH WISCONSIN WEST



# HOW IT WORKS

## ASSIGNMENT PAGE

### PAGE 3

- Before you start, read everything on your assignment page
- Everything that is underlined has a link, click it for further instruction. Example: Do you know how the juggling club works?
- Your assignments are broken into four categories of training: mental, technical, tactical, and physical
- How you complete the training is up to you!
- You can do it all in one day or do one category a day

## WEEK 1

### SUMMARY

Week 1 is simple on purpose! It is suppose to allow players and families flexibility as they figure out their "new routine" until life goes back to "normal." We will get through this together and make the most of it. Let's enjoy what we do have while we improve ourselves at home!

# WEEK 1: APRIL 6-10



3

ESTIMATED 140 MINS+

ASSIGNMENT PAGE

## MENTAL TRAINING

### VOCAB CHALLENGE - 15 MINS

- [Click here](#) to study the Rush Vocab
- [Click here](#) for the challenge!
- Find a notebook - label it "soccer notebook", we will use this week 2

## PHYSICAL TRAINING

### STAY IN SHAPE - 15 MINS/DAY

- Walk/Run 4 X week, 15 mins
- Work towards your goals you set during the mental training



## TACTICAL TRAINING

### POSITIONING - 8 MINS

- Click above & watch video
- Play in Space
- Move to Create Space

[#STAYMOTIVATED](#)

## TECHNICAL TRAINING

### JUGGLE - 15 MINS/DAY

- [Complete Juggle Form](#)
- Go out and Juggle 4 x week, 15 mins
- If your high score improved, complete juggle log again!

\*You will find juggling instructions in the juggle form





# BONUS ACTIVITY

## SOCIAL MEDIA CHALLENGE

### STEP 1

- FOLLOW US ON FACEBOOK @RUSH WISCONSIN WEST
- FOLLOW US INSTAGRAM @RUSHWIWEST

### STEP 2

- GET CREATIVE AND MAKE A VIDEO OF YOURSELF COMPLETING THE WEEK 1 VIRTUAL ACTIVITIES
- WEAR YOUR RUSH GEAR IN THE VIDEO!



### STEP 3

- UPLOAD YOUR VIDEO TO SOCIAL MEDIA
- TAG US AND USE THE HASHTAG #VIRTUALWIWEST
- EMAIL VIDEO TO SOCIALMEDIA@RUSHWIWEST.COM



# #VIRTUALWIWEST